

# Head and Neck Pain

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You experience chronic pain in your head or neck. Any action that requires concentration (e.g., maintaining a spell) requires a successful DC 10 + (IE) Constitution saving throw per round to maintain concentration. In the presence of bright light or loud noise, you make the roll with disadvantage. Because you're used to managing pain, even though this doesn't reduce the experience of pain, you have a +(IE) bonus to saving throws against psychic damage.

## Real-world Examples

Hemicrania Continua, Migraines, Cervicogenic Headaches, Postural Orthostatic Tachycardia Syndrome

## Assistive Options

Laying down or avoiding bright light or loud noises can help you feel better but does not eliminate the game mechanic.

## Magical Assistance

A healing spell can target the head or neck and reduce the IE by 2 for 1 hour instead of regaining hp.